

# ABSTRACT

**Title:** Determinants affecting an injury and prevention against the injury within a training planning in selected judo categories

**Goal:** The main goal of diploma thesis is to find the most frequently injuries in judo at juniors and older juniors from 13 to 20 years using comparison and analysis of poll results. Find the causes of their origin and create a set of measures to prevent injuries to training and competition.

**Method:** Survey, qualitative research, and professional literature analysis of general sport preparation with the focus on young juniors to old juniors. It is empirical research based on questionnaire surveys method.

**Results:** Result showed that the most frequently injuries of both gender are fingers of limbs. The most frequently injury for mens gender is shoulder joint and back and for women It is ankle joint and wrist. Most requently injury for both gender are dislocation and muscle strain. Injuries come during the match in stand position. The main cause of the injury is a self-mistake.

**Key words:** Judo, injuries, causes, measures